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ABSTRACT

This book examines the use of an experiential (participative) learning approach in training people in areas that are particularly emotionally challenging. Each of the nine articles focuses on the design and conduct of workshops in which the principles of experiential learning are used to help trainees acquire knowledge related to and cope with such life issues as sexuality, stress, communication problems, and death and dying. The following articles are included: "Experiential Learning in Workshops" (Woolfe); "Coping with Stress" (Woolfe); "Stress at Work: A Workshop" (Murgatroyd); "Skills of Communication and Counselling" (Hobbs); "Training Student Health Visitors in Helping Skills" (Rhys); "An Introduction to Working with Sexuality" (Pates); "Coping with Death: Workshops for Those Helping with the Dying and Bereaved" (Shooter); "Evaluating Change and Development through Workshops" (Murgatroyd); and "Practical Guidelines for Effective Workshop Practice" (Hobbs, Pates). Many papers include substantial bibliographies. (MN)

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